MORE AND LESS



MORE GENTLE | LESS RIGID

MORE BEING | LESS MASKING

MORE BOUNDARIES | LESS PEOPLE-PLEASING

MORE PLAY | LESS PERFORMANCE

MORE SENSES | LESS SCREENS

MORE FLOW | LESS FIXATION

MORE RHYTHM | LESS RUSH

MORE EXHALE | LESS ADRENALINE

MORE STAYING | LESS STARTING

MORE NOURISHING | LESS DEPLETING

MORE INTEGRITY | LESS FEAR

MORE PATIENCE | LESS EXPECTATION

MORE HERE | LESS THERE

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